



Broiled Salmon & Chermoula Sauce:

Cooking with Confidence with Martha Stewart



30-40min



2 Servings

Level up your cooking technique and boost your confidence in the kitchen with this recipe series! We're drawing inspiration from North African cuisine for tonight's dinner! Salmon broils alongside tomatoes, a cooking method that results in a smoky char on the fillets, and jammy, sweet tomatoes. We amp up the flavors with chermoula, a Moroccan condiment made with cumin seeds, chiles, cilantro, lemon, and oil.

What we send

- ½ lb plum tomatoes
- 1 jalapeño chile
- garlic
- 10 oz pkg salmon fillets ⁴
- ¼ oz cumin seeds
- 4 oz quick-cooking bulgur ¹
- ¼ oz fresh cilantro
- ¼ oz fresh parsley
- 1 lemon
- ¼ oz smoked paprika

What you need

- kosher salt & ground pepper
- olive oil
- sugar

Tools

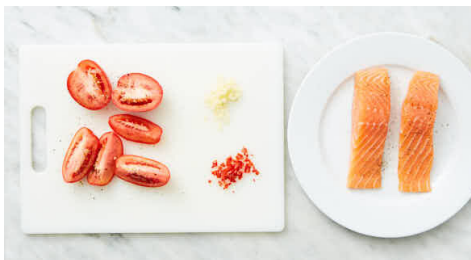
- small saucepan
- microplane or grater
- rimmed baking sheet

Allergens

Wheat (1), Fish (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 840kcal, Fat 56g, Carbs 47g, Proteins 37g



1. Prep ingredients

Preheat broiler with racks in the top and center positions. Halve **tomatoes** (quarter, if large); sprinkle cut sides with **salt** and **pepper**. Halve **jalapeño** (remove seeds, if desired), then finely chop half of the jalapeño (save rest for own use). Finely chop **2 teaspoons garlic**. Pat **salmon** dry and season all over with **salt** and **pepper**.



4. Make chermoula sauce

Finely chop **cilantro and parsley leaves and tender stems**. Finely grate **1 teaspoon lemon zest** and squeeze **1½ tablespoons lemon juice** into bowl with **toasted cumin seeds**. Stir in **chopped cilantro and parsley, chopped jalapeños, remaining chopped garlic**, and **¼ teaspoon sugar**. Season to taste with **salt** and **pepper**.



2. Toast cumin seeds

Transfer **1½ teaspoons cumin seeds** to a small saucepan; set over medium heat and toast, until seeds are fragrant, about 30 seconds. Transfer toasted cumin seeds to a small bowl and add **3 tablespoons oil**.



5. Broil salmon & tomatoes

In a small bowl, combine **1 teaspoon each of oil and paprika** and **a pinch of sugar**. Transfer **tomatoes**, cut side up, to one side of a rimmed baking sheet. Add **salmon**, skin side down, to other side of baking sheet. Rub **paprika oil** on top of tomatoes and each fillet. Broil on center rack until salmon is medium and tomatoes have softened, 5-7 minutes (watch closely as broilers vary).



3. Cook bulgar

Heat **2 teaspoons oil** in a same saucepan over medium-high. Add **bulgur** and cook, stirring, until grains are lightly toasted, 1-2 minutes. Add **1¼ cups water, half of the chopped garlic**, and **½ teaspoon salt**; bring to a boil. Reduce heat to low, cover, and cook until bulgur is tender and water is absorbed, about 12 minutes. Keep covered until ready to serve.



6. Finish & serve

Cut **any remaining lemon** into wedges. Stir **1 tablespoon oil** into **bulgur** and season to taste with **salt** and **pepper**. Spoon **bulgur** onto plates and top with **salmon**. Serve **broiled tomatoes** alongside. Drizzle **chermoula sauce** over top and serve with **any lemon wedges** on the side for squeezing over top. Enjoy!